

## ALL-BAY VALLEY ATHLETIC LEAGUE GIRLS CROSS COUNTRY

### **2020**

Most Valuable: Renny Buchanan, Heritage

First-Team: Sidney Jenks (Liberty), Rylee Guinn (L), Kiran McWilliams (L), Sabrina Rogers (H), Karyss Mendes (L), Chloe Beck (H), Gabriella Hernandez (Pittsburg), Sarah Redman (L), Ashley Hernandez (Deer Valley)

### **2019**

Most Valuable: Kylee Denver, Freedom

First-Team: Gabriella Hernandez (Pittsburg), Sarah Smith (Heritage), Keanna Shipley (Liberty), Sabrina Rogers (H), Renny Buchanan (H), Lauren Lane (H), Lily Castro (L), Jasmine Chuey (L), Ashley Hernandez (Deer Valley)

### **2018**

Most Valuable: Kylee Denver, Freedom

First-Team: Keanna Shipley (Liberty), Tigist Tesfaya (Deer Valley), Makena Bohannon (L), Lily Castro (L), Jiana Cortero (F), Jasmine Chuey (L), Skylar Mendes (L), Emma Marquez (H), Jessica De La Rosa (F)

### **2017**

Most Valuable: Julia Gonzalez, Liberty

First-Team: Madison MacPherson (L), Keanna Shipley (L), Makena Bohannon (L), Alyssa Dalke (L), Maya Kapulski (L), Jasmine Chuey (L), Jiana Cortero (Freedom), Samantha Rogers (F), Cori Flores (Heritage)

### **2016**

Most Valuable: Kai Bohannon, Liberty

First-Team: Madison MacPherson (L), Julia Gonzalez (L), Alyssa Dalke (L), Brittany Bennett (L), Makena Bohannon (L), Roylee Moreno (Freedom), Jiana Cortero (F), Cori Flores (Heritage), Skylar Duignan (H)

## **2015**

Most Valuable: Emily Wylie, Liberty

First-Team: Kai Bohannon (L), Maddie McPherson (L), Jesse Hardman (L), Alyssa Dalke (L), Miranda Truhe (L), Sydney Stanton (L), Brianna Pecknold (Heritage), Maddie Vanderheid-Nye (H), Kelsey Pontius (Freedom)

## **2014**

Most Valuable: Kai Bohannon, Liberty

First-Team: Jesse Hardman (L), Emily Wylie (L), Maddie McPherson (L), Natalie Hodgson (L), Miranda Truhe (L), Maddie Vanderheid-Nye (Heritage), Brianna Pecknold (H), Kelsey Pontius (Freedom), Ariana Holley (Antioch)

## **2013**

Most Valuable: Kai Bohannon, Liberty

First-Team: Emily Wylie (L), Jesse Hardman (L), Ashlynn Adams (L), Delaney Sparling (Heritage), Annjellica Nubla (H), Ariana Holley (Antioch), Cayla Dulay (Deer Valley), J'Ley Fagalar (DV), Leigha Paulson (Freedom)

## **2012**

Most Valuable: Steenalisa Tilcock, Freedom

First-Team: Emily Wylie (Liberty), Heather Hernandez (Pittsburg), Fionna Lehmann (F), Annjellica Nubla (Heritage), Arianna Holley (Antioch), Brennan Peppard (H), Delaney Sparling (H), Caylay Dulay (Deer Valley), Sasha Neuman (DV)

## **2011**

Most Valuable: Jessica Siemens, Deer Valley

First-Team: Lisa Tilcock (F), Olivia Herrera (F), Annjellica Nubla (Heritage), Fionna Lehmann (F), Heather Hernandez-Shaw (Pittsburg), Cora Williams (Liberty), Cande Salazar (Deer Valley), Savannah Sellers (Antioch), Alissa Hansen (L)

## **2010**

Most Valuable: Carmen Martinez, Freedom

First-Team: Lisa Tilcock (F), Christina Georgopoulos (Pittsburg), Marcie Torres (P), Cora Williams (Liberty), Jessica Siemens (Deer Valley), Stephanie Siemens (DV), Alissa Hansen (L), Marian Issa (DV), Fionna Lehmann (F)

## **2009**

Most Valuable: Carmen Martinez, Freedom

First-Team: Marcie Torres (Pittsburg), Celina Fernandez (P), Lisa Tilcock (F), Haley Vredenburgh (F), Stephanie Siemens (Deer Valley), Fiona James (DV), Chizoba Okodogbe (DV), Veronica Regalado (Antioch), Cora Williams (Liberty)

## **2008**

Most Valuable: Stephanie Siemens, Deer Valley

First-Team: Jamira Cox (DV), Christina Georeopolus (Pittsburg), Fiona James (DV), Chizoba Okodogbe (DV), Carmen Martinez (Freedom),

Rebecca Beard (Heritage), Cora Williams (Liberty), Cathy Kutsuris (L), Lydia Padou (F)

## **2007**

Most Valuable: Nicole Hood, Carondelet

First-Team: Heather Cerney (C), Kellie Houser (C), Ashley Chavez (C), Jasmine Cox (Deer Valley), Sara Aliotti (C), Cynthia Aguilera (Liberty), Erin Mulligan (C), Jamira Cox (DV), Fiona James (DV)

## **2006**

Most Valuable: Nicole Hood, Carondelet

First-Team: Kellie Houser (C), Zuna Portillo (Pittsburg), Heather Cerney (C), Ashley Hodges (Deer Valley), Sara Aliotti (C), Mellie Regalado (Antioch), Ashley Chavez (C), Nicole Rumore (C), Cynthia Aguilera (Liberty)

## **2002**

First-Team: Jessica Daley (Deer Valley), Heather Scott (DV), Renae Dudek (Liberty), Michelle Telfer (Carondelet), Katie Matl (C), Tamara Torlakson (DV), Shae DiNio (C), Kristen Scanlon (C)

## **1999**

Most Valuable: Janie Nolan, Antioch

First-Team: Christine Perez (A), Stefanie Nunez (A), Angela Flood (A), Jennifer Randazzo (Carondelet), Ashley Allen (College Park), Katrina Telfer (C), Hillary Oppido (Clayton Valley), Jenna George (C), Michelle Howisey (CV)

## **1998**

Most Valuable: Stephanie Kzensulak, Liberty

First-Team: Meghan Andrade (Carondelet), Janie Nolan (Antioch), Katie Wallace (A)

## **1997**

Most Valuable: Stephanie Kzensulak, Liberty

First-Team: Meghan Andrade (Carondelet), Kristine Musante (Clayton Valley), Danielle Moore (Antioch), Gina Richman (A)

## **1990**

Most Valuable: Eris Miller, Clayton Valley

First-Team: Nicole Paris (CV), Sunny Sturges (Berkeley), Annette White (Antioch), Marianne Wilkinson (A), Alisha Lopez (El Cerrito), Jeannie Cruz (Carondelet), Stacy Radowicz (C), Elise Johnson (Ygnacio Valley), Krista Malmstrom (B)

## **1989**

Most Valuable: Eris Miller, Clayton Valley

First-Team: Cindy Prindiville (Carondelet), Stacey Johnson (Antioch), Lisa Scott (El Cerrito), Alisha Lopez (EC), Shilpa Patil (Ygnacio Valley), Solonge Belcher (Berkeley), Jeanine Crain (C), Adriane Frye (B), Amanda Seven (C)

## **1988**

Most Valuable: Jennifer Selis, Antioch

First-Team: Lisa Scott (El Cerrito), Shilpa Patil (Ygnacio Valley), Cindy Prindiville (Carondelet), Jessica Buehring (EC), Kelli Silveira (Clayton Valley), Alisha Lopez (EC), Stacey Johnson (A), Solonge Belcher (Berkeley), Lisa Bradford (C)